



Serves: 4

Indonesian Fried Noodles

Ingredients

- Fine egg noodles 300g
- Canola oil 2 tbsp
- Onion, chopped 5g
- Garlic, chopped 5g
- Chilli, chopped 1
- Celery, sliced 50g
- Cabbage, shredded 80g
- Chilli sauce 1 tbsp
- Premium Oyster Sauce 2 tbsp
- Small prawn 100g
- Salt & pepper, to taste

Tips:

- Heat oil till hot before stir-frying, as this will shorten cooking time and reduce the amount of oil absorbed by the ingredients.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

Method

- Soak noodles in hot water for 8 minutes or until soft.
- Rinse in cold water and drain thoroughly in a colander.
- Heat oil and stir-fry the onion, garlic and chilli until onion turns golden brown.
- Add chilli sauce and stir well.
- Add small prawns, celery and cabbage to fried onions and stir fry for about 3 minutes or until the prawns are cooked thoroughly.
- Stir in oyster sauce and noodles. Toss the mixture and cook thoroughly before serving.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 394kcal
Protein 15.7g
Total fat (g and % of total calories)
10.3g (23.6%)
Saturated fat 1.3g
Cholesterol 112mg
Carbohydrate 59.7g
Dietary Fibre 3.4g
Sodium 436mg